

Survey Results – Spring 2017 Session

Pre Surveys

- When participants were asked how ready they are to change their physical activity (with 1 being definitely not ready to change and 10 being definitely ready to change), the average score was 8.74 (± 1.70)
- When participants were asked how ready they are to improve their eating habits (with 1 being definitely not ready to change and 10 being definitely ready to change), the average score was 8.30 (± 2.16)

Pre-Post Surveys

- Significant changes were seen in pre-post scores for the health, self-esteem, energy level of the participant on the day of the survey, and relationship with the YMCA
- Significant changes were also seen in pre-post scores for assembling healthy meals with what is at hand, planning meals before grocery shopping, and thinking about nutrition when deciding what to eat
- No other significant differences were seen through the pre-post survey

On a scale of 1 to 10 (with 1 being very poor and 10 being excellent), how would you rate your...?

	Pre Mean	Post Mean	Mean Difference	Significance
Health today	6.26	7.33	1.07	<0.001*
Self-esteem today	6.19	7.56	1.37	<0.001*
Energy level today	6.11	7.19	1.07	0.003*
Relationships at the YMCA	7.04	8.48	1.44	0.017*

Note: *significant difference

	Pre Mean	Post Mean	Mean Difference	Significance
How important do you feel being active is to your overall health (1=not important; 4=very important)	3.84	3.92	0.08	0.327
How important do you feel eating well is to your overall health? (1=not important; 4=very important)	3.76	4.00	0.24	0.083
In the past week, how many days did you do activity for 30 minutes where you were slightly out of breath?	3.44	3.69	0.24	0.383
In the past week, how many days did you or someone else cook dinner for you at home?	5.28	4.60	-0.68	0.261
How many servings of vegetables and fruit do you eat on a typical day?	3.35	4.24	0.90	0.115
I am aware of the benefit of physical activity. (1=yes; 0=no)	1.00	1.00	-	-
I am aware of the benefits of healthy	1.00	1.00	-	-

eating. (1=yes; 0=no)				
I am aware of the risks of being inactive or sedentary. (1=yes; 0=no)	1.00	1.00	-	-
I am aware of the risks of having an unhealthy diet. (1=yes; 0=no)	0.96	1.00	0.04	0.327
I am confident that I can be active safely. (1=yes; 0=no)	1.00	0.96	-0.04	0.327
Are you responsible for buying or cooking most of your meals? (1=yes; 0=no)	0.92	0.88	-0.04	0.574
I am confident in my ability to prepare foods and recipes that are new to me.	3.08	3.36	0.28	0.129
I am able to assemble healthy meals with what I have at hand.	3.24	3.52	0.28	0.032*
I plan meals before grocery shopping.	2.32	2.72	0.40	0.005*
I think about nutrition when deciding what to eat.	2.96	3.35	0.39	0.004*
I know how to prepare food that won't make me or others sick.	3.56	3.64	0.08	0.327
I feel satisfied when I prepare food for myself and/or others.	3.13	3.38	0.25	0.137

Note: *significant difference

Post Surveys

- 96% of participants were able to be active at least one other day each week during the 12-week program
- 89% of participants feel they are eating better since the start of the 12-week program
- 100% of participants said the program provided them with tools and strategies that will help them work on their physical activity goals in the future
- 100% of participants said the program provided them with tools and strategies that will help them work on their healthy eating goals in the future
- 89% of participants thought the length of the session was “just right”, while 7% thought they were too long
- 96% of participants agreed or strongly agreed they enjoyed the program, and they were satisfied with the program’s overall experience
- 96% of participants would recommend the program to family or friends

	Strongly disagree	Disagree	Agree	Strongly agree
I felt that this program helped improve my overall health	3.8	-	61.5	34.6
Helped improve my self-esteem	3.7	3.7	51.9	40.7
Helped improve my energy level	3.7	3.7	48.1	44.4
Helped me feel more connected at the YMCA	3.8	3.8	26.9	65.4

The program facilitator delivered the material clearly	-	3.7	18.5	77.8
The program facilitator encouraged participation	-	3.8	11.5	84.6
The participant materials were easy to understand	-	-	51.9	48.1
The weekly emails helped me with my physical activity and healthy eating goals	3.8	19.2	53.8	23.1
The participant materials helped my with my physical activity and healthy eating goals	-	3.7	55.6	40.7
I felt I was given too much information to review on my own time	29.6	59.3	11.1	-
I felt comfortable being part of the sessions	-	3.7	33.3	63.0
I felt that the support provided by the program facilitator helped me stick to my goals	-	3.7	29.6	66.7
I felt that the support provided by the other participants helped me stick to my goals	-	3.7	44.4	51.9
The program was engaging and fun	-	3.7	22.2	74.1
The program offered variety	-	-	29.6	70.4
I enjoyed participating in the program	-	3.7	22.2	74.1
I am satisfied with the program's overall experience	-	3.8	30.8	65.4